REGINA metro®

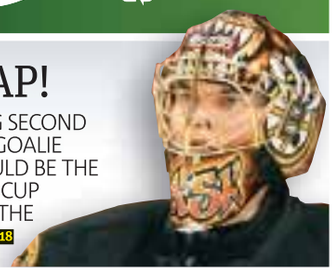
NEWS WORTH SHARING.

JUNE 19
Last chance to drop off and sign the petition.

The Artesian 2627 - 13th Ave
Drop by: noon to 10pm
Light refreshments

C'mon Regina - let's keep water public!
Call 306-539-4097
Regina Water Watch

Budget® CAR RENTAL 306-791-6810
CARGO VANS & PICKUPS
STARTING AT $19.95/DAY



BEAR TRAP!

NO MORE PLAYING SECOND FIDDLE — BRUINS GOALIE TUUKKA RASK COULD BE THE KEY TO A STANLEY CUP VICTORY AGAINST THE BLACKHAWKS PAGE 18

British Columbia Premier Christy Clark and Northwest Territories Premier Bob McLeod listen as Premier Brad Wall responds to questions during a press conference for the Western Premiers' Conference in Winnipeg on Monday. JOHN WOODS/THE CANADIAN PRESS

Wall pushes energy issues

Western Canada premiers' conference.
'There's a lot of interest' in further developing hydro transmission lines between Manitoba and Saskatchewan: Premier

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Premier Brad Wall says Saskatchewan and other provinces should act more like the collective energy "superpower" that Canada is, and find ways to improve the transfer and transmission of oil and hydro-electricity.

At a meeting of Western Canada's premiers on Monday in Winnipeg, energy was on the agenda as the provincial leaders discussed the potential of a possible west-to-east oil pipeline.

Progress can be made on energy issues, Wall told reporters, even without an official national strategy.

"Maybe we just should simply as provinces identify specific projects that we know are good for Canada. We're an energy power, and we need to act like it," he said after the premiers formally addressed the media.

"That means transporting energy. So let's pick some spots where we can win on that equation. I think a west-east pipeline is a good example. A western grid is. I'm still in favour of, someday, a northern route because it would be nice to get that oil to market."

However, the proposed, controversial Northern Gateway pipeline that would carry Alberta oilsands bitumen through B.C. to West Coast tankers reportedly did not come up during the premiers' discussion.

TransCanada Corp. is considering whether to convert an existing 3,000-kilometre natural-gas pipeline to carry crude oil into Quebec, with the possibility of a 1,400-kilometre extension to Saint John, N.B.

Wall added, as well, that "there's a lot of interest" in further developing hydro transmission lines between Saskatchewan and Manitoba.

"We've been talking to Manitoba in detail about what's possible, especially in the northern parts of our respective provinces.... I think you're going to see some progress. I think you're going to see potentially some details come out here before the end of the summer," Wall said.

"What's possible between Manitoba and Saskatchewan in terms of hydro-electricity, that's what we should be focusing on — (and) what's possible between the western provinces and Atlantic Canada. Moving Canadian oil and ensuring Eastern Canada can access ... more economical hydrocarbons than they could from Venezuela. That makes sense to me, and I think that's when Canadians get behind this national energy approach."

WITH FILES FROM THE CANADIAN PRESS

Take Pride, Regina

As Pride Week kicks off, organizers reflect on how the festival has evolved into a celebration that still strives to make a statement PAGE 2

A question of His Honour

Montreal Mayor Michael Applebaum is arrested in the city's ongoing corruption case, leading to calls for his resignation PAGE 3

Kan-yesss

Collabs, South Park parody and super famous baby mama: Metro bows in the presence of greatness as Kanye's new album drops PAGE 6

NEWS 1

Pride week in the Queen City

'Light-hearted and fun'. Festival is about awareness of the diversity that exists in Regina: Organizer

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Queen City Pride officially got underway on Monday with a raising of its flag at the Saskatchewan legislature.

The launch kicked off a week of entertaining and glittery events that Jesse Ireland, chairman of the non-profit Regina Pride Inc., described as "light-hearted and fun" in celebrating the local lesbian, gay, bisexual and transgendered community.

"There is something for everyone," Ireland told Metro about the festivities.

"We cover everything from education and resources, all the way to arts and entertainment."

Last year, the pride festival was able to triple its attendance from 2011, as more than 1,000 people took in its Saturday afternoon parade. Nearly 2,000 showed up at an after-party at Victoria Park.

"We've really started trying to expand the festival and make it a bigger celebration than it ever has been in the past," said Ireland.

Organizers want to continue expanding the network of participants by offering a range of events at different venues, such as a community fair at Cornwall Centre on Thursday and a glitter party at Gabbo's that night.

"This isn't a festival for people of the LGBT community," said Ireland. "It's for everyone who wants to take part — it's for allies, it's for friends and it's for family."

Queen City Pride has been happening for 23 years. The festivities, earlier on, ran for only one or two days and focused more on rallying for LGBT rights. Ireland pointed out that the festival has shifted to more of a celebration, though it still strives to make a statement.

"The point of the festival is to show some awareness to the diversity that we do have in Regina," Ireland said, "and it is good to have the support of our friends coming to take part."

Online

For a list of events, visit queencitypride.ca.

A crowd listens to speakers at the official flag raising ceremony to signify the start of the Queen City Pride festival. ALYSSA MCDONALD/METRO

City's flagship golf club seeks to level tax playing field

Daryl Milleker prepares to tee off at the Royal Regina Golf Club on Sunday. ROSS ROMANIUK/METRO

Regina's flagship golf course is potentially in line for a two-year tax exemption to relieve financial pressure it's incurred through flood damage.

If city council agrees to give the historic Royal Regina Golf Club the break endorsed last week by a municipal finance committee, it will be off the hook for a total of more than $170,000 in property tax for this year and 2014.

"Our club isn't interested in tax exemptions, but that's the only route to deal with this issue," Archie Cameron, general manager at the Royal Regina — Saskatchewan's oldest golf course, established in 1899 — told Metro.

"Our course was under water for 40 days. So we're asking for an exemption to mitigate those flooding damages."

The several weeks in which much of the 18-hole course was submerged early this spring, said Cameron, was only its latest flooding problem. He pointed out that the course was severely flooded, as well, for about three months in 2011.

The damage this year is estimated at $200,000, "and the impact on revenue on our golf club, as well, is probably another $100,000," he explained, noting that the course's eighth and ninth fairways have long been shut down because of the destruction.

"We built an extra two holes after the last flood in 2011," he said, "to protect our revenue."

The semi-private club wants the temporary exemption to lead to wider city hall talks aimed at improving what it says is an uneven tax climate for Regina-area golf courses.

Cameron pointed out that courses in the neighbouring municipalities of Sherwood and Edenwold pay about one-third of what Royal Regina does in property tax, "even though they're Regina-owned and operated" facilities.

"All we're asking for is fair and equitable treatment in terms of taxation," he said.

"We're going to try to right that wrong." ROSS ROMANIUK/METRO

World championship

Saskatchewan to dominate Canadian female football

Jeff Yausie, head coach of the Saskatoon Valkyries, will lead Team Canada at the upcoming International Federation of American Football (IFAF) Women's World Championship — and he's taking many Saskatchewan players with him. A total of 15 players from Saskatchewan's two teams in the Western Women's Canadian Football League — nine from the Valkyries and six from the Regina Riot — have made the cut for Team Canada. But despite Saskatchewan's strong showing on the 45-player roster, Yausie said it's important to look ahead.

"It's funny because you focus on your team and your league and everything else, and really that's what we've been doing up to this past weekend," Yausie said. "But now we've got to focus on Team Canada. It's got nothing to do with Saskatchewan players or Quebec players … we've all got to come together."

Facing Germany, Sweden, Spain, Finland and the United States, competition at the tournament will be fierce. The Saskatchewan players, though, appear ready to tackle the pressure.

"It's really an honour to wear the Maple Leaf and represent your country on an international stage, especially doing something that you love to do," said Valkyries player Jessie Buydens, an offensive lineman for Team Canada.

"It's not something people get to do very often."

Claire Doré of the Riot, a slotback with Team Canada, echoed Buydens' excitement.

"Particularly for us as women football players in such a new sport," Dore said, "that we can champion this cause and bring equality to women's sport in a new way, is just incredible."

The tournament will run from June 30 to July 6 in Vantaa, Finland.

MORGAN MODJESKI/METRO SASKATOON

Jessie Buydens, left, a Saskatoon Valkyries player named to Team Canada, runs to give support against the Regina Riot during a May 26 game. MORGAN MODJESKI/METRO FILE

Calgary. Mother and her newborn evicted from 'adults-only' building

She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is for "adults only" and she must get out no later than Tuesday — the actual day little Faith Belanger was expected to be born.

After going through labour Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother Elaine Belanger to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship.

During the pregnancy, they had attempted to find a place through the Calgary Housing Company, but the most recent letter from the organization indicates they are on a "low-priority" wait list.

Anxiety

"This has been really hard on my health. I don't know what we're going to do."

New mother Lenora Belanger

Susan Coombs with the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties; however, the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Resident Manager Rick Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction.

JEREMY NOLAIS/METRO IN CALGARY

Lenora Belanger and her newborn Faith. The pair, along with mother Elaine, are expected to have cleared out of their "adults-only" manor in Calgary no later than Tuesday. JEREMY NOLAIS/METRO IN CALGARY

'Trust me' mayor nabbed for bribery

Montreal. Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by the French CBC said the third man arrested Monday, borough official Jean-Yves Bisson, once admitted to having discussed a condo project with figures linked to the Mafia.

Police also confirmed that the recent suicide of Robert Rousseau, a permits-and-inspections official at the Cote-des-Neiges-NDG borough, is part of their investigation.

At the time of Rousseau's death in March, the French CBC reported that he had been interrogated by police the previous day about the same condo project. THE CANADIAN PRESS

Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIORZ/THE CANADIAN PRESS

Americans have a laugh

There was a particularly humorous reaction in the U.S., where Toronto Mayor Rob Ford's ongoing troubles have provided considerable fodder for comedians.

- **The Atlantic magazine ran a story on its website titled:** "What the Heck Is the Matter with the Mayors of Canada?" The article began: "So a Canadian mayor was arrested Monday and, no, it was not the one you expect."
- **There was a similar response on the Gawker website:** "A major Canadian city woke up to find out that its mayor had been arrested at his home," began a post, "and it wasn't even the guy who smoked crack on video!" — an allegation about Toronto's mayor that has not been proven.

NEED A RIDE?
Read metrodrive every Wednesday.

Bazaar & Novelty REGINA
Regina's Premier Party Supply Store!
If we don't have it, doggone it — you don't NEED it!
• Huge Selection of Loot Bag Treats (wide selection sold individually)
• Helium Balloons
• Theme Decorations
• Piñatas...
And much, much more!
2424 Dewdney Avenue • 306.525.3541 • Fax 306.781.7160
TOLL FREE 1.800.463.3541
bazaar.novelty@myaccess.ca • www.bazaarandnovelty.com

SKALD IN 64 BITS
The MSI Computer Camps are a set of summer camps dedicated to helping youth develop skills in computer related areas.
Two One-Week Camps:
Week One: from July 8th to July 12th
Week Two: from July 15th to July 19th
• basic web page design (using HTML)
• Advanced web page design (using PHP, JavaScript and CSS)
• Computer Programming (using C++ and Java)
• Graphic Design (using Adobe Photoshop)
Questions? Email us at computercamps@gmail.com or call Adam Knutson at 306.535.0237
To register compcamps.com/register

Apple has joined other firms in releasing figures on data requests from U.S. government agencies. AFP/GETTY IMAGES FILE

Apple discloses U.S. data request figures

Privacy. Firm received thousands of demands from law enforcement over past six months

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ended in May.

The company, like some other businesses, had asked the U.S government to be able to share how many requests it received related to national security and how it handled them. Those requests were made as part of Prism, the recently revealed highly classified National Security Agency program that seizes records from Internet companies.
THE ASSOCIATED PRESS

Common requests

- Apple said that the most common form of request came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease or hoping to prevent a suicide.

Investing wisely.

IT'S YOUR WASTEWATER TREATMENT PLANT.

The City of Regina is investing wisely in our new Wastewater Treatment Plant to secure the best value for residents.

- Using a public private partnership will save an estimated $79.6 million over building the plant the traditional way.
- The City will always own and control the plant, no matter who builds it.
- Only the City will set utility rates.
- The new plant will improve water quality for downstream residents and businesses.
- Employees' jobs will be protected, and they will receive advanced training for any new technologies.

Our water is in our hands, and we're keeping it that way.

Get all the facts at Regina.ca

City of Regina | REGINA Infinite Horizons

Real estate. Consulting firm buys Masonic Temple

Toronto's storied Masonic Temple has found a new owner in an Ontario-based technology consulting firm after Bell Media decided to sell the former concert hall earlier this year.

Info-Tech Research Group says it has paid $12.5-million for the historic building, which was most recently home to MTV Canada and previously hosted famous rock bands like the Rolling Stones and Led Zeppelin.

Info-Tech, which is headquartered in London, Ont., will renovate the six-storey building on Yonge Street to accommodate its Toronto satellite office.

Joel McLean, the company's president and CEO, says Info-Tech wanted a space that could house its employees, but also impress visitors from outside the country. "We're consistently inviting company after company into Toronto (and) we wanted something that was spectacular to come see," he says. THE CANADIAN PRESS

Info-Tech Research Group has bought the historic Masonic Temple building in downtown Toronto, which was most recently home to MTV Canada and previously hosted famous rock bands like the Foo Fighters.
TORSTAR NEWS SERVICE FILE

U.S. 7-Eleven stores raided as personnel are accused of exploiting immigrants

Nine owners and managers of 7-Eleven stores across Long Island and in Virginia were charged on Monday in a scheme to exploit immigrants from Pakistan and the Philippines, in part by paying them using the stolen Social Security numbers of a child and three dead people while stealing most of their wages.

Most of the defendants were arrested early Monday as federal authorities raided 14 franchise stores.

Immigration and Customs Enforcement agents were executing search warrants at more than 40 other stores across the country suspected of similar infractions, authorities said at a news conference in Brooklyn.
THE ASSOCIATED PRESS

Television. Netflix will run original Dreamworks series

Netflix announced a deal on Monday to air television programming from Dreamworks Animation in what the company described as its biggest transaction ever for original first-run content.

Though financial details were not disclosed, Netflix Inc. said the agreement includes more than 300 hours of new TV episodes in a multi-year deal starting in 2014.

The new Dreamworks shows will be inspired by characters from its hit franchises like Shrek and Kung Fu Panda and upcoming feature films as well as the Classic Media library that Dreamworks Animation SKG Inc. bought last year. The television shows will be commercial free. THE ASSOCIATED PRESS

Netflix has been adding original programming to its roster.
NETFLIX/SCREEN GRAB

Music

Jay-Z gives away album to 1M Galaxy users

Jay-Z
GETTY IMAGES

Jay-Z is teaming up with Samsung to release his new album, unveiling a three-minute commercial during the NBA Finals and announcing a deal that will give the music to one million users of Galaxy phones.
THE ASSOCIATED PRESS

Foreign ownership

U.S. telcos likely not keen on Canuck wireless market

Big U.S. carriers Verizon and AT&T could find access to Canada's wireless market too small for their liking, with new entrants like Wind Mobile or Mobilicity offering few incentives to head north, says a telecom analyst. "If you wanted to come into Canada, you'd want to come in to dominate it," said Iain Grant of the SeaBoard Group.
THE CANADIAN PRESS

Northern Gateway

Project will benefit all Canadians, panel hears

A lawyer for the Northern Gateway oil pipeline told a federal review panel Monday that there are many reasons the controversial project should be approved — billions of them, in fact. Richard Neufeld stressed that the pipeline between Alberta and the B.C. coast will ensure Canadian producers get full market value for their product. And he said that will benefit all Canadians. THE CANADIAN PRESS

Market Minute

DOLLAR 98.26¢ (- 0.08¢)

TSX 12,288.90 (+101.53)

OIL $97.77 US (-8¢)

GOLD $1,383.10 US (-$4.50)

Natural gas: $3.89 US (+16¢)
Dow Jones: 15,179.85 (+109.67)

SCREEN TIME DISRUPTS A GOOD SNOOZE

SHE SAYS

Jessica Napier
metronews.ca

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lay awake past my bedtime isn't this cycle of my own erratic thoughts — it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation which effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood pressure levels, reduced mental clarity, and an increased risk of diabetes and obesity.

Most of us know the importance of a good night's sleep, but we don't necessarily think twice about satisfying our late-night tech cravings.

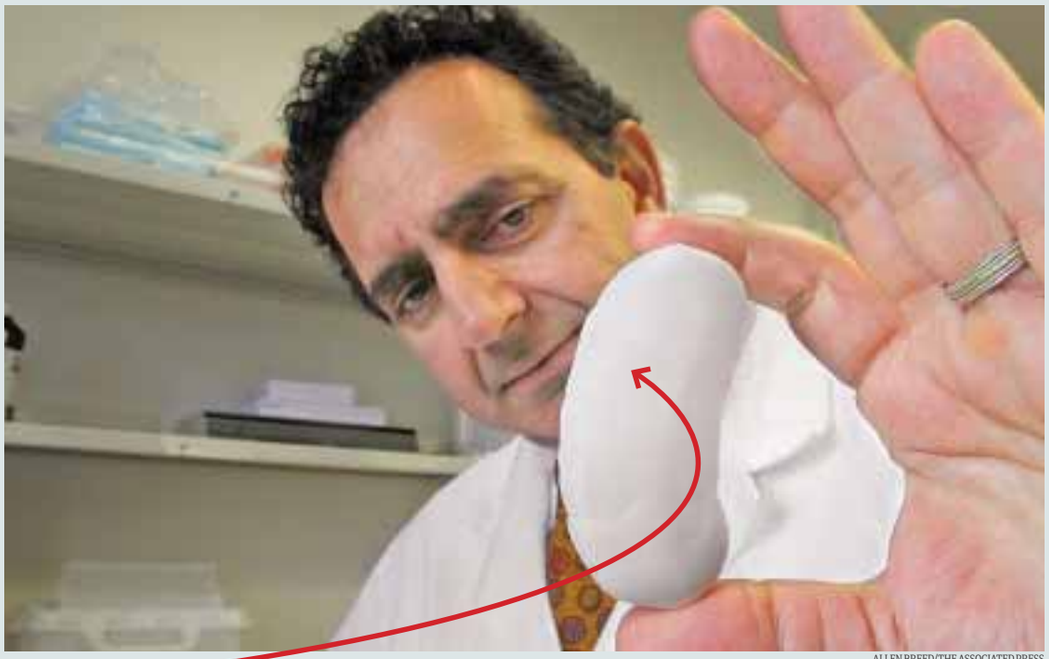
Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

METRO

Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

The best camera is the one that's with you. Or so the saying goes by photographers-turned-'iPhonographers' too lazy to schlep around a real camera. But luckily, you don't have to choose sides in the 'real' camera versus iPhone fight. Follow these professional photographers who use iPhones, too.

@coryrichards:
Everything you'd imagine from a National Geographic photographer, from pics of the Milky Way over a stilt settlement in Indonesia to cowboys and Mustangs in the Wild West. coryrichards.com

@zakshelhamer:
Warning: Following this adventurer/photographer might make you want to quit your day job and hit the beach, trail or mountains. photosbyzak.com

@chrisconnolly:
This Instagrammer puts his analogue skills to use in the digital realm. Bold colours. Symmetry. Lines. Texture. Check out his digital and film work at 15by8.com.

Comments

RE: It's A Darwinian World Out There, And We're Raising Generation Wuss, published online June 17

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are? Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion. **Dennis posted to metronews.ca**

Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something then the other person it doesn't make you superior it just makes you better at that. **Gigi Green posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

The universe of Kanye

We're just lucky enough to live in it. Today his new album, Yeezus, drops, and we look at the rapper's awesome awesomeness.

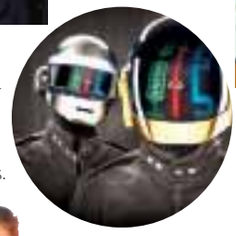
MICHELLE CASTILLO
scene@metronews.ca

COLLABORATORS

Entourage 2007 — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.

Bon Iver 2010/2013 — Two tracks from My Beautiful Dark Twisted Fantasy —Woods and Monster — featured the folk artist's efforts. They work together again on Yeezus.

The Cleveland Show 2010 — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the Family Guy spinoff. He's reprised his role in four additional episodes since.



Daft Punk 2007/2013 — He sampled the French duo's Harder, Better, Faster, Stronger on Stronger and they helped out with three or four "joints" (as Kanye put it) on Yeezus.

Skrillex 2013 — Kanye and the Dubstep king confirmed they collaborated on a track for Yeezus

CONTROVERSIES

Kanye vs. AIDS 2005 — During a Live 8 tour, Kanye announces that AIDS was a "man-made disease... placed in Africa just like crack was placed in the black community to break up the Black Panthers."

Kanye vs. Taylor Swift 2009 — You remember the below. Kanye would apologize to Swift for interrupting her MTV award win, but took back the apology just this week.

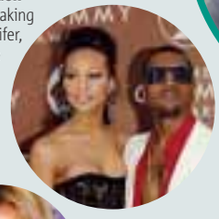
Kanye on South Park 2009 — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect."

Kanye as Hitler 2011 — Kanye says that people look at him as if he's Hitler, during a British concert. The crowd boos.

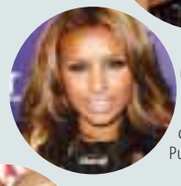
Obama vs. Kanye 2009 / 2012 — After his MTV antics, the president called Kanye a "jackass"—twice. "I don't give a f—k what the president's got to say," Kanye rapped.

LOVERS

Brooke Crittendon 2004 — While taking a break from Phifer, Kanye dated the Harlem Heights star.



Alexis Phifer 2002 to 2008 — Kanye proposed to the designer in 2006, but they never married.



Melody Thornton 2010 — Kanye was seen holding hands and attending red carpet events with the former Pussycat Doll.

Amber Rose 2008 to 2010 — It put the model into the limelight. She's now engaged to Wiz Khalifa.

Kim Kardashian 2012 to present — Kanye just had a baby girl with the reality TV star, who also inspired tracks like Cold.

Selita Ebanks 2010 — After the Victoria's Secret model starred in his Runaway video, the two reportedly got together.

LIFESTYLE

Donda West Plastic Surgery Law 2009 — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure

Fatburger 2008 — Kanye opened up a branch of the chain in his hometown of Chicago, but it closed down in February 2011.

Louis Vuitton X Kanye West 2009 — The rapper released three styles of high-top sneakers — Don's, Jasper's and Mr. Hudson's — and announced his intent to change his name to Martin Louis the King Jr.

Met Ball 2013 — Yeezy gets put on Vogue's Best Dressed at the Met Ball list— but they crop out his date, the floral couch-wearing Kim Kardashian.

Nike Air Yeezy 2009, 2012 — The rapper was the first non-athlete to work with the brand, and has released two editions to date.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie and Brad Pitt

Pitt: It's 'business as usual' for Jolie after treatment

Brad Pitt says Angelina Jolie is recovering from her voluntary double mastectomy and that it's "business as usual" following the treatment. "Her focus now is that all people have access to testing. If you do your research it doesn't have to be scary, it can be an empowering thing," Pitt tells Good Morning America while promoting World War Z, his latest film. "It's business as usual, she's doing great. When she wrote (her New York Times essay), we had already come out the other end."

Kate Middleton

Due date looming, Kate's done with appearances

Kate Middleton made her final public appearance this weekend before the birth of her first child, due next month, according to Radar Online. Flanked by her husband, Prince William, and her brother-in-law, Prince Harry, the Duchess of Cambridge smilingly observed the Trooping of the Colours parade in celebration of the Queen's birthday dressed in a pink coat and hat. Kate and William's child is due in mid-July.

Twitter

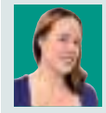
@TheRealRosanne
just experienced my fourth earthquake in six weeks- omg

@RickiLake
I know I'm a little late, but Downton Abbey is soooooo good.

@lenadunham
Can someone tell me whether we're supposed to be offended by Johnny Depp's portrayal of Tonto or not? Must know for dinner parties/twitter.

The Word

Show of unity from Sharon and Ozzy amid divorce rumours



THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel. "They are living at different addresses and not spending any time together," a source recently told the Sun. Ozzy talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place and was an a—hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing. I'm just trying to be a better person." And now they are having a date night. All together now: "Awwww."

Nigella Lawson ALL IMAGES GETTY

Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware" of the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."

Summer Carpet Cleaning Sale
Living Room, Dining Room & Hallway
Regular $139
$99
COUPON EXPIRES JULY 11, 2013.
A1 Choice Carpet Cleaning & Janitorial Services Inc.
TRUCK MOUNT UNIT ~ 306-584-7111
or book online at A1 Choice Carpet Cleaning.ca

Lose 4-9 inches
in only ONE session and a
Full Clothing Size
in just 3 weeks!
Guaranteed!!
Lift & Firm Bust, Bum, Thighs & Arms!
Improve Circulation & Lymphatic Drainage!
Tighten & Tone Muscles!
Eliminate Cellulite!
Lose Stubborn Fat!
Flatten Tummy!
It's Easy!
It's Fast! It Works!
50% OFF
One Session of Your Choice
ADVANCED BODY SCULPTING
Home of EZEE-TONE Electronic Muscle Stimulation!
474 N Albert St. (Inside Tropicana Tan, First Door to the Right)
306-206-8663
advancedbodysculpting@gmail.com
www.advancedbodysculpting.ca

INTRODUCING ZzzQuil™ SLEEP-AID.
BECAUSE SLEEP IS A BEAUTIFUL THING.™

It's not for colds.
It's not for pain.
It's just to help you fall asleep,
so you can wake refreshed.
The sleep-aid
from the makers
of NyQuil®

Indicated for relief of occasional sleeplessness. To ensure this product is right for you always read and follow the label. Keep all medicines out of the reach of children.

© Procter & Gamble, Inc., 2013

VICKS®

Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS
life@metronews.ca

Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVB rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.

Is there anything I absolutely need to take to the beach?

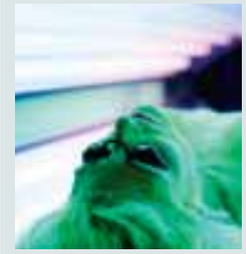
"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.



If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

Understanding your skin type, by Dr. Nick Lowe

Skin Type 1

Characteristics: red heads, very fair skin, freckles
Burns: always burns, never tans
Summer sunburn time: 7 to 10 mins
Recommended SPF protection: 50 + UVA

Skin Type 2

Characteristics:
Burns: burns easily, minimum tanning, tans very light brown
Summer sunburn time: 10 to 20 mins
Recommended SPF protection: 30 + UVA

Skin Type 3

Characteristics:
Burns: moderate burns, tans to light brown
Summer sunburn time: 20 to 30 mins
Recommended SPF protection: 20 + UVA

Skin Type 4

Characteristics:
Burns: minimal burns, tans well
Summer sunburn time: 60 mins
Recommended SPF protection: 15 + UVA

Skin Type 5

Characteristics:
Burns: rarely burns, tans to dark skin
Summer sunburn time: 90 mins
Recommended SPF protection: 15 + UVA

Skin Type 6

Characteristics:
Burns: rarely burns, already deeply dark
Summer sunburn time: 120 mins
Recommended SPF protection: 15 + UVA

Best Health

Give Nordic walking a chance

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

You've seen those people striding along the streets and through parks with poles in their hands.

They're doing Nordic walking, or urban poling, a super-charged fitness routine that will give you a low-impact, full-body workout.

The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s.

Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter.

They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

How should you dress?

Just as you would for a brisk walk: wear layers in cool weather, and comfortable walking shoes.

Expect to pay about $60 and up for a decent pair of poles, which should be about two-thirds of your height.

Some parks and recreation departments across Canada lend poles so you can try them out.

You can take a lesson or two from an instructor certified by an organization such as the Canadian Nordic Walking Association (cnwa.info) to make sure you have proper form. Walk on your own, or find a group at urbanpoling.com, through your local kijiji.ca or meetup.com listings, or at your local recreation centre.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Hey! I want my zinc back

Health. Taking the pill? It might be leaching nutrients from your body

LINDA CLARKE
Metro World News

Ross Pelton, author of The Pill Problem, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce this are oral contraceptives, which prompted Pelton to write The Pill Problem.

Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and coenzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with optimal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- **To counteract depression.** "Folic acid helps," he said. "We now know that it should be taken in the form of l-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

How to feel good naked

Health. The author of WomanCode turns your body into a "power source" with these tips

MEREDITH ENGEL
life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night. Alisa Vitti, a hormonal health expert and the author of WomanCode, a book about "supercharging your sex drive," says it doesn't have to be that way.

"What's normal is a sex drive that increases as you age," she says. "You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones."

AVOID

SOY: More specifically, soy protein isolate. It's packed full of estrogen, which can very often exacerbate many hormonal symptoms. However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

COW'S MILK: It contains casein, a protein that can make it difficult for nutrients to get to the target glands of the endocrine system (a collection of glands that secrete hormones). This can make it difficult for proper hormonal function and elimination and can worsen symptoms such as acne. Concerned about calcium? Bok Choy and sesame seeds are good alternatives to dairy.

WHEAT: Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten. It has been shown to decrease fertility in some individuals by raising stress levels.

LOAD UP ON

GREEN JUICE: The antioxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

EGGS: Help the body make progesterone, the hormone that opposes estrogen and keeps you balanced in terms of your mood.

AVOCADO: The creamy green fruit is a great source of essential fatty acids. As hormones are stabilized in a lipid ring, EFA's help keep them stable and functioning properly.

SPINACH and KALE: The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.

nanoblur™

*"**WOW!** As close to instant gratification as it gets. **BIG** difference in skin appearance within seconds. **EXCELLENT PRICE POINT!**"*
- J.F., Belleville, ON

CAMERA READY
SKIN IN SECONDS

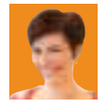
It's not a primer. It's a multi-award winning skin perfector!

indeed™ LABORATORIES

indeedlabs.com

Only at SHOPPERS DRUG MART

With the speed of life being what it is, tween/teen kids may be the perfect solution to your healthy dinner dilemmas. Here are three meals that can be made by any 12-year-old. To be sure, run it through together once and then set them free to cook healthy. Pre-chop any ingredients and leave them in the fridge if you are concerned about small amounts of knife wielding, otherwise, these recipes are all safe.



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

3 healthy meals for kids 12 and up

Teach your tween or teen to cook healthy. ISTOCK

Almond chicken with Arroz Vedre

- 2 tablespoons ground almonds
- 1 teaspoon Dijon mustard
- 2 tablespoons cornmeal
- 1 teaspoon dill seeds
- 1-3 tablespoons water to thin
- 4 boneless skinless chicken breast halves

Mix first five ingredients together to form a paste. Rub on breasts and lay on a non-stick baking sheet. Cover with foil.

Bake in 325 F oven, 45 to 55 mins. depending on thickness of breasts, remove foil about half way.

Serve with Arroz Verde

- 2 large green bell peppers,stem removed, seeded, and chopped
- 1 small can jalapeño peppers
- 1 cup chopped fresh parsley
- 1 large onion , peeled and quartered
- 2 cloves garlic, (or 2 teaspoons jarred minced garlic)
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 1.5 cups long-grain brown rice
- 1 litre low sodium chicken broth

In a blender purée until smooth bell and jalapeno peppers, parsley, onion, garlic, oregano, and cumin.

In a large, heavy skillet or casserole with tight-fitting lid, heat oil. When oil is hot but not smoking, add rice and stir continuously for a few minutes to coat rice with oil, but not long enough to let it brown.

Add vegetable purée and half the broth and simmer, stirring occasionally, for 5 minutes. Add the remaining broth and bring to a boil. Reduce heat to moderate, and continue cooking until liquid is absorbed, about 25 minutes. Cover and let sit undisturbed for 30 minutes.

Slow Cooker Barbecued Beef Sandwiches

- 1 1/2 pounds rump roast
- 1 chopped onion
- 4 cloves garlic
- 1/2 cup maple syrup
- 2 teaspoons mustard
- 1 teaspoon chili powder
- 1/3 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1 3/4 cups barbecue sauce
- 4 large whole grain dinner rolls
- Romaine lettuce leaves
- Sliced tomatoes

In slow cooker, combine all ingredients except sandwich buns, lettuce and tomatoes; mix well.

Cover; cook on high setting 4 to 6 hours or until beef is tender.

Remove beef from slow cooker and slice, place onto a bun and top with lettuce and tomatoes.

Baked Pork Tenderloin with Spinach and Blue Cheese

- 2 packages frozen chopped spinach
- 1-1.5 pounds pork tenderloin, whole and drained
- 2 cloves garlic, pressed
- 2 tablespoons balsamic vinegar
- 1/4 cup red wine
- 2 teaspoons dried oregano
- salt and pepper, to taste
- 6 ounces blue cheese, crumbled

Microwave spinach just to thaw and let drain in a colander in the sink until ready to assemble. Break up spinach into large, low casserole dish.

Cut pork tenderloin into 4 equal portions on diagonal and nestle into spinach mix. Sprinkle with garlic, vinegar, wine, oregano, salt, pepper.

Break up blue cheese to spread on top of and around pork. Leave one end uncheesed if blue cheese isn't popular with someone in your home.

Cover with foil and place into 350 F oven to bake for 45 mins. or until the meat's internal temperature reads 145 to 160 F.

USE TOGETHER, AND

WHITEN YOUR SMILE IN JUST 2 DAYS.†

THINK OF IT AS MONDAY, TUESDAY, WHITEDAY.

What will a 3D White smile do for you?

†By removing surface stains.
Crest® 3D White™ toothpaste fights cavities

life opens up when you do Crest 3D WHITE™

AVAILABLE AT

Loblaws** independent* Real Canadian Superstore* big on fresh, low on price.* Atlantic superstore®*

* ®/ ™ Trademarks of Loblaws Inc. Used with permission. All rights reserved. Loblaws Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with Procter & Gamble. © P&G Inc., 2013 AZM14-075

Put the lime in the coconut for a no-bake Island Lime Pie

This recipe serves 12. THE CANADIAN PRESS H/O

Ingredients

Coco-Macadamia Crust
- 125 ml (1/2 cup) macadamia nuts
- 250 ml (1 cup) shredded coconut
- 3 chopped seedless dates
- 2 ml (1/2 tsp) alcohol-free vanilla essence
- 1 ml (1/4 tsp) sea salt

Avocado Mousse
- Flesh of 2 to 3 avocados
- 175 ml (3/4 cup) lime juice
- 125 ml (1/2 cup) coconut butter
- 125 ml (1/2 cup) agave nectar
- 2 ml (1/2 tsp) vanilla essence

Frosting
- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp)vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

1. Crust: In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.

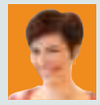
3. Avocado Mousse: In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

4. Frosting: In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While blender is running, incorporate melted coconut oil.

5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim of pie plate. With chopstick, trace dozen lines in frosting at regular intervals from centre to rim to resemble a spider web. Before serving, garnish with lime slices and grated coconut. THE CANADIAN PRESS/ RAW-ESSENCE BY DAVID COTE AND MATHIEU GALLANT (ROBERT ROSE, 2013)

Health Solutions

Bean there, vanilla



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying the pods over the "extract"? The extract contains the essence of the bean that has been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Snack. Grilled Lattice-Topped Apples

1. Heat grill to 190 C (375 F).

2. Cut tops off apples and discard. Scoop out flesh from apples, making a hollow in each one. Discard cores and seeds. Finely chop apple flesh into a small bowl.

3. In saucepan, melt butter and honey. Remove from heat and stir in cornstarch and cinnamon. Pour over chopped apples and stir to combine. Spoon filling into hollowed-out apples.

4. Using sharp knife, cut thin strips of pastry. Weave strips of pastry over each apple to form a lattice top.

5. Place apples in heavy pan that can go on a grill. Pour apple juice into pan around base of apples. Place pan on grill. Close grill lid and bake 45 minutes or until apple filling is soft when poked with a sharp knife.

6. Remove from heat and arrange on serving dishes. Serve as is or with a scoop of ice cream and caramel sauce.

THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHELLENBERG ET AL (HERALD PRESS, 2013)

Ingredients

- 4 Granny Smith apples
- 60 ml (4 tbsp) butter
- 60 ml (4 tbsp) honey
- 5 ml (1 tsp) cornstarch
- 5 ml (1 tsp) cinnamon
- 1 unbaked pastry shell, rolled out flat
- 50 ml (1/4 cup) apple juice

Spice up your life — and sorbet

Put a new spin on entertaining. Make recipes that are full of wholesome ingredients, yet simple to create with the help of the ultimate multitasking kitchen tool: a high performance blender.

The new Vitamix 7500, with all of its high tech features, allows you to quickly blend for a flavourful gazpacho. Clean the machine in 30 seconds and then whip up this gourmet Spiced Berry Sorbet.

Vitamix machines take the place of numerous kitchen appliances. They finely chop, grind, and blend whole-food ingredients and much more—all in one container.

This recipe makes 4-1/4 cups (1 l) NEWS CANADA

Ingredients

- 1 cup (150 g) each frozen unsweetened strawberries, blueberries, blackberries and raspberries
- 2 cups (300 g) frozen pitted Bing cherries
- 1/2 oz (14 g) fresh ginger, peeled
- 1/2 cup (120 ml) cold water
- 1/2 cup (100 g) granulated sugar
- 1/2 cup (13 g) fresh mint leaves
- 1/8 tsp each ground cloves and ground allspice
- 1/4 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1 tsp vanilla extract

1. Partially thaw frozen berries and cherries for 20 minutes; set aside.

2. Place ginger, water, and sugar into the Vitamix container and secure lid.

3. Select Variable 1.

4. Switch machine to Start and slowly increase speed to Variable 8. Blend for 20 seconds, until ginger is finely chopped. Stop machine and remove lid. Add berries and cherries, mint, cloves, allspice, nutmeg, cinnamon, and vanilla to the container with ginger mixture and secure lid.

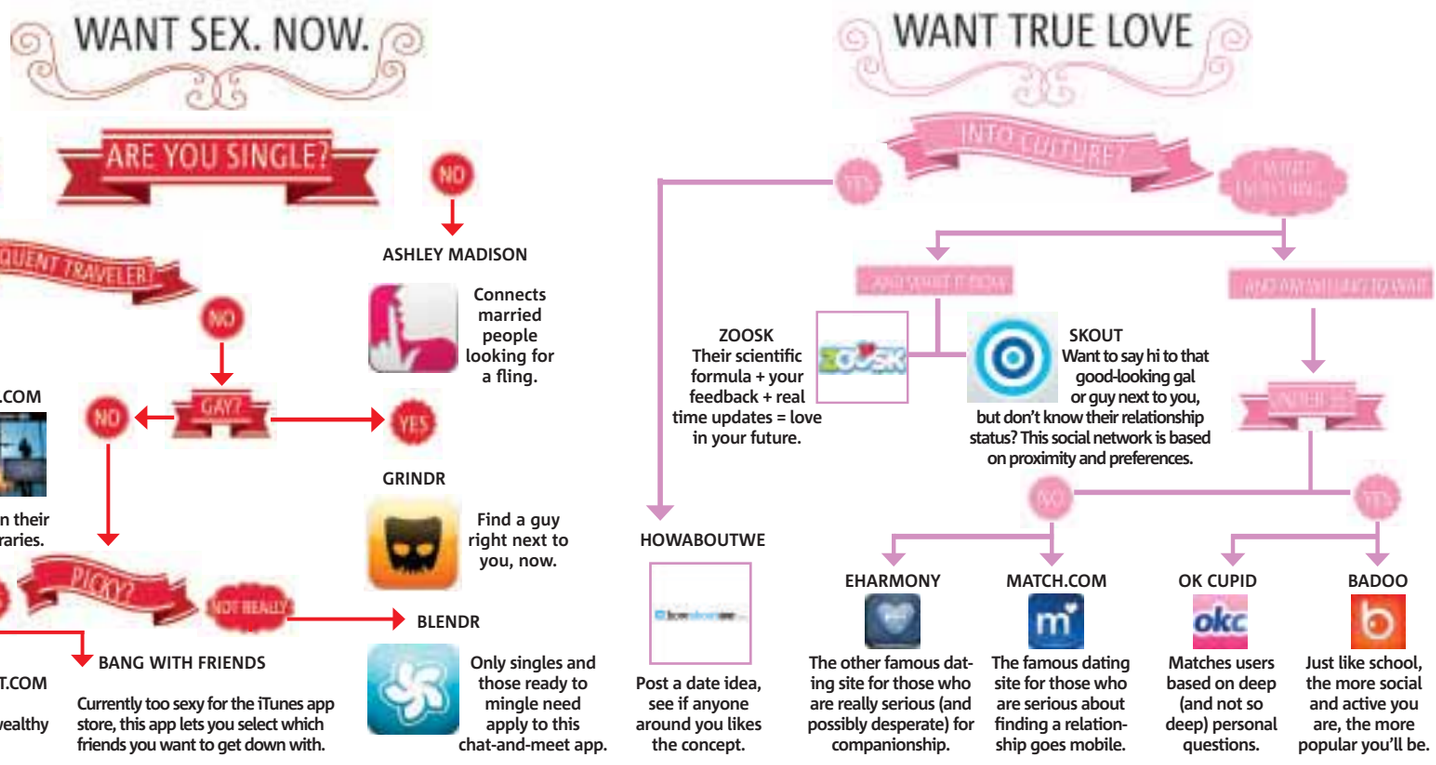
5. Select Variable 1.

6. Switch machine to Start and slowly increase speed to Variable 10, using the tamper to press the ingredients into the blades. In about 25 to 30 seconds, the sound of the motor will change and four mounds should form.

7. Stop machine. Do not over-mix. Serve immediately. NEWS CANADA

SO YOU WANNA DATE?

New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS


WANT SEX. NOW.
ARE YOU SINGLE?
YES
NO
FREQUENT TRAVELER?
YES
NO
MEETATTHEAIRPORT.COM
Up your chances of joining the Mile High Club. The website matches people based on their self-reported travel itineraries.
NO
GAY?
YES
PICKY?
YES
NOT REALLY
SEEKINGARRANGEMENT.COM
Sugar babies seeking a wealthy partner, sign up here.
BANG WITH FRIENDS
Currently too sexy for the iTunes app store, this app lets you select which friends you want to get down with.
ASHLEY MADISON
Connects married people looking for a fling.
GRINDR
Find a guy right next to you, now.
BLENDR
Only singles and those ready to mingle need apply to this chat-and-meet app.
WANT TRUE LOVE
INTO CULTURE?
YES
ZOOSK
Their scientific formula + your feedback + real time updates = love in your future.
SKOUT
Want to say hi to that good-looking gal or guy next to you, but don't know their relationship status? This social network is based on proximity and preferences.
HOWABOUTWE
Post a date idea, see if anyone around you likes the concept.
EHARMONY
The other famous dating site for those who are really serious (and possibly desperate) for companionship.
MATCH.COM
The famous dating site for those who are serious about finding a relationship goes mobile.
OK CUPID
Matches users based on deep (and not so deep) personal questions.
BADOO
Just like school, the more social and active you are, the more popular you'll be.

Male, middle-aged and bankrupt?

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bankrupt Canadian is a 43-year-old man owing $61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, fortheloveofmoney.ca.

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than $84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly $70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent.

It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from $300 to $400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at four per cent is 33 1/3 per cent higher than one at three per cent.

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions (creditcanada.com), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

You're at home here.
CO-OP
SHERWOOD CO-OP
Last Year
Members Earned Over
6.9¢/L
CO-OP EQUITY & CASH BACK
Become a member!
Visit us at
www.sherwoodco-op.com for more info!

MONITOR YOUR DOG'S ACTIVITY

As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms and near the groin or use ice packs if he has lots of hair in those areas.

ANDY DEAN/VEER

You can also wet the coat with cool water and put a fan on him to cool down. Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

HERREID/VEER

"Heat stroke is very dangerous as it can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

– TripsWithPets.com

NEW

Introducing

IAMS SO GOOD!

100% Yummy

100% Wholesome Ingredients!

Do you really know what's in your dog's bowl?

Did you know that some leading brands add sugar, dyes or artificial preservatives? **New IAMS® SO GOOD! has 100% wholesome ingredients and nothing else.**

- ✓ **NO Sugar Added**
- ✓ **NO Dyes**
- ✓ **NO Artificial Preservatives**

Check what's in your dog's bowl:
www.whatsreallyinyourbowl.ca

© 2013 P&G QUA113922E

BRIGHT Spot

SHINING A LIGHT ON GREAT INNOVATION

AVAILABLE AT TARGET

Tuukka leaving no doubt after Thomas

Stanley Cup final. Bruins 'keeper living up to Conn Smythe standard set by former Boston starter

Two years ago, Tuukka Rask was all but ignored as the Bruins mounted their Stanley Cup charge.

The lanky Finn attracted virtually no attention as reporters swarmed his teammates at a hotel restaurant in Vancouver.

Tim Thomas was the Bruins' man then. Rask was the guy on the bench, watching as the Boston starter went 16-9 in the playoffs, leading the playoffs in save percentage (.940) and goals-against average (1.98). Thomas was rewarded with the Conn Smythe Trophy after Boston dispatched the Canucks.

Now the Bruins are back in the final. The goalie statistics remain about the same, but the name has changed.

Rask leads the playoffs in save percentage (.944) and his goals-against average of 1.73 was second only to Chicago's Corey Crawford (1.72) heading into Monday night's Game 3.

Both goalies have done their teams proud. But it has taken the equivalent of double-raise takeout shots to beat Rask.

While Thomas used to make highlight-reel saves, throwing himself around the crease, Rask fills the goal, using his stick and pads to seal off ice level and his torso the rest.

They are very different but the end result is the same.

"At the end of the day, it's about stopping the puck," said Boston defenceman Dennis Seidenberg. "So we really don't care how it's being done."

Taken in the first round — 21st overall — by Toronto in the 2005 draft, the Bruins acquired Rask from the Leafs in June 2006 for Andrew Raycroft.

Boston coach Claude Julien believes Rask's time behind Thomas was beneficial.

"We had such a good goaltender in Tim Thomas, it might have maybe delayed the view that people would have of him, but it didn't change our view of him," Julien said Monday. "We knew he was going to be a good goaltender.

"In hindsight, when you look back, it might have been the best thing for him. It allowed him to mature at a reasonable rate instead of being thrown to the wolves. He's matured a lot. I'm not talking about personality, but mentally, the mental toughness, and then being able to be ready game in, game out."

THE CANADIAN PRESS

Rask up to the task

"To be able to get where he is right now speaks volumes about how ready he is to be that goaltender that can be just as good as Tim (Thomas) was for us."

Bruins coach Claude Julien on Tuukka Rask.

Go to metronews.ca for coverage of Game 3 of the Stanley Cup final.

Tuukka Rask is proving to be more than capable of backstopping a title run in his first extended playoff opportunity. BRUCE BENNETT/GETTY IMAGES

Backside backtrack

Judge accepts Johnson's butt-slap rebuttal

A contrite Chad Johnson apologized Monday for disrespecting a judge when the former NFL star slapped his attorney on the backside in court last week and was released from jail after only a week instead of 30 days.

Broward County Circuit Judge Kathleen McHugh accepted Johnson's apology and cut back his jail term for a probation violation to the seven days he had already served since the rear-swatting.

THE ASSOCIATED PRESS

Chad Johnson appears in court on Monday in Fort Lauderdale, Fla. THE ASSOCIATED PRESS

CFL

Grey Cup hero Horne cut by Argos

Pacino Horne has gone from Grey Cup hero to being unemployed.

The cornerback was among 11 players released Monday by the Toronto Argonauts. Horne started the club's 35-22 championship win over the Calgary Stampeders last November and delivered a key play in the win.

With Toronto leading 7-3, Horne intercepted Calgary's Kevin Glenn and returned it 25 yards for the TD and a 14-3 advantage. THE CANADIAN PRESS

Champs to chokers? LeBron's legacy on the line

The Heat return to Miami down 3-2 in the NBA Finals with a chance to rally to a championship on their home floor. ERIC GAY/THE ASSOCIATED PRESS

LeBron James has been here before, with dire results.

It was two years ago, the end of the first season of "Big Three" in Miami. The situation: Heat down 3-2, hosting Game 6 of the NBA Finals, only two home wins separating them from a title.

Then, thud.

James had six turnovers in Game 6, the Heat were outscored by 24 with him on the floor, and the Dallas Mavericks became champions. Now, here comes the same situation. Down 3-2, and back at home for Game 6 of the finals against the San Antonio Spurs on Tuesday, Miami needs two wins in three days or else it will be watching someone else end the season with a party on its own floor.

Big game James

31.1

LeBron James' points-per-game average in games the Heat have been down in a series or faced elimination over the last two seasons. He has shot 53 per cent and added 10.6 rebounds and 5.4 assists in such contests.

"We're going to see if we're a better team than we were our first year together," James said.

We're also about to see how much James has grown since 2011. If Miami loses, it'll be widely perceived as James' failure. If the Heat win, his status as the game's best player becomes even more cemented.

"Our next challenge, biggest challenge, will be Tuesday night," James said. "We have an opportunity on our home floor with our home fans to keep the series going, and we look forward to it." THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

♉ Taurus
April 21 - May 21
Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

♊ Gemini
May 22 - June 21
Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

♋ Cancer
June 22 - July 23
You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

♌ Leo
July 24 - Aug. 23
It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

♍ Virgo
Aug. 24 - Sept. 23
The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

♑ Capricorn
Dec. 22 - Jan. 20
Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

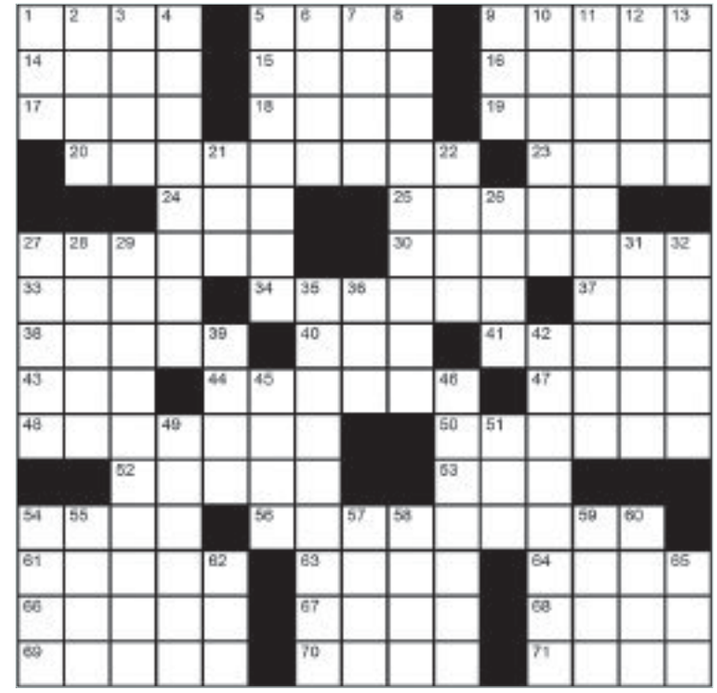
♒ Aquarius
Jan. 21 - Feb. 19
You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

♓ Pisces
Feb. 20 - March 20
If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



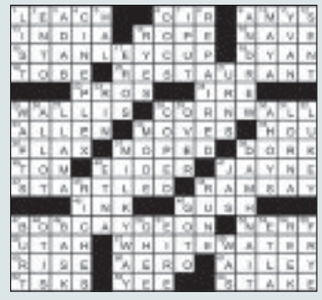
Across

1. Premier of Saskatchewan, Brad __
5. Car rental company
9. Gulf War missiles
14. Ms. Perlman
15. Suit piece
16. Vietnam's capital city
17. New York baseball player, for short
18. Canadian author Mr. Miller
19. Sprite-like
20. Southeast-of-Winnipeg city in Manitoba
23. Contact __ (Vision corrector)
24. Norse Myth: Underworld goddess
25. Gold measurement, variantly
27. Hold back
30. Kettle's sounder
33. Ms. Ephron
34. Nearly
37. Really long time
38. Purse material
40. Brouhaha
41. Mrs. '__ Goes to Paris (Paul Gallico novel)
43. Cousin of -ette
44. Roamers
47. Architect Mr. Saarinen
48. Securing: 2 wds.
50. More furious
52. Pub game
53. "Monsters, __." (2001)
54. Component, as of a process
56. Some office devices
61. Gangly
63. Pack _ __ (Get ready to vacation)
64. Lindsay Lohan's mom
66. Mr. Shaw (Famed clarinetist)
67. Rock's __ Straits
68. Surrounded by
69. "Hey! That __ funny."
70. Sporty TV network
71. Units of a gym user's sety

Down

1. Like some humour
2. Detective's sound effects
3. Loaned
4. Thunder Bay university
5. Anne of Green Gables setting
6. Action word
7. Madonna hit: "La __ Bonita"
8. St. John's-born singer Kim
9. Particular pronoun
10. Opera legend Maria
11. '__ and alive' ...how Joni Mitchell felt in "Free Man in Paris"
12. Bump off: 2 wds.
13. Breaks a Commandment
21. Roadside mil. hazard
22. Triumphant laughs
26. Ms. MacNeil
27. Map detail
28. Ho-hum hair hue
29. Canadian food brand, __ Choice
31. France's longest river
32. Belgian painter, James __
35. Wild house party 'hat', perhaps
36. Annual telethon org.
39. Civil or Electrical, e.g.
42. BC's provincial tree, Western __ __
45. Ins and __
46. Bit
49. Serviette
51. Meaning of: &
54. Deli side dish
55. Charlottetown-born singer Ms. MacLean
57. Baseball stats
58. Wild West's Wyatt
59. Frost
60. Prune
62. Even so
65. Promos

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	8	3	4	6	5	9	2	7
6	7	2	1	9	3	5	8	4
9	4	5	8	7	2	3	1	6
2	1	4	5	3	8	7	6	9
3	9	6	7	2	1	4	5	8
7	5	8	6	4	9	2	3	1
5	6	7	3	8	4	1	9	2
4	2	1	9	5	6	8	7	3
8	3	9	2	1	7	6	4	5

Today 27°/14° Sunny
Wednesday 27°/15° Sunny
Your #1 weather forecast now available in HD.
©The Weather Network 2013

How do I become a Dentist ?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more

FACTORY Ford AUTHORIZED

120 HOUR SALES DRIVE

TUESDAY, JUNE 18TH – SATURDAY, JUNE 22ND

0% APR* PURCHASE FINANCING FOR UP TO **72** MONTHS

On select new models

PLUS UP TO **$4,000**** IN MANUFACTURER REBATES

2013 F-150 5.0L amount shown

PLUS **$500**† 120 HOUR BONUS

On select new 2013 F-150, Edge, and Focus models

2013 **F-150**

0% PURCHASE FINANCING FOR UP TO **72** MONTHS* PLUS **$4,000**** IN MANUFACTURER REBATES

PLUS $500 120 HOUR BONUS†

on most trims

2013 **EDGE**

0% PURCHASE FINANCING FOR UP TO **72** MONTHS* PLUS **$1,500**** IN MANUFACTURER REBATES

PLUS $500 120 HOUR BONUS†

on most trims

THE 120 HOUR SALE ENDS JUNE 22ND
ONLY AT YOUR PRAIRIE FORD STORE.

Ford

Go Further

| prairieford.ca |

SiriusXM

Available in most new Ford vehicles with 6-month pre-paid subscription

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. **Dealership operating hours may vary.** * From June 18, 2013 to June 22, 2013 receive 0% APR purchase financing on new 2013 Ford [Fusion, Escape (excluding S)] and 2014 Ford [Mustang GT (excluding GT500 and V6 Coupe Value Leader)] for up to 60 months. 2013 Ford [F-150 (excluding Raptor and Regular Cab 4x2 XL), Edge, FWD and AWD (excluding SE), Focus (excluding S and BEV)] for up to 72 months to qualified retail customers on approved credit (OAQ from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months: monthly payment is $520.83/ $416.66/ $347.22; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. ** From June 18, 2013 to June 22, 2013, receive $250/ $500/$1,000/$1,250/ $1,500/ $3,500/ $4,000 in Manufacturer Rebates with the purchase or lease of a new 2013 Focus (excluding S and BEV)/ 2013 Escape 1.6L (excluding S)/ 2013 Escape 2.0L (excluding S)/ 2013 F-150 non-5.0L (excluding Regular Cab 4x2 XL) / 2013 F-150 5.0L (excluding Regular Cab 4x2 XL) - all Raptor, GT500, BOSS302, and Medium Truck models excluded. Manufacturer Rebates are not combinable with any fleet consumer incentives. † This offer is subject to vehicle availability and may be cancelled or changed at any time without notice. Offer valid from June 18, 2013 to June 22, 2013 (the "Offer Period") to Canadian residents only. Use this CAD$500 bonus offer towards the purchase or lease of most new 2013 Ford F-150 (excluding Raptor and Regular Cab 4x2 XL Value Leader), Edge (excluding SE) and Focus (excluding S and BEV) vehicles (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory ordered from your Ford Motor Company of Canada ("Ford") dealer during the Offer Period. Offer only valid at participating dealers. Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. This offer is not combinable with any CFP, CPA, GPC, or Daily Rental incentives. Taxes payable before private offer amount is deducted. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.